

Carers News and To Do's



The Princess Royal Trust
Lanarkshire Carers Centre Ltd

Winter 2011 - Spring 2012



Carers week 2011



West meets East event



1st Aid training



Hamilton Carers Support Group



“Where carers come first”

Company No: SC209296 Reg. Charity No: SCO29160



Carers news and to do's

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Airdrie Locality
Support Service
92 Hallcraig Street
Airdrie
ML6 6AW

Tel:- 01236 755550
Fax:- 01236 753609
Free Phone:- 0800 0280287
Email: eleanor.digan@prtcc.org.uk

Website: www.carers.org/lanarkshire

01698 428090



The Princess Royal Trust
Lanarkshire Carers Centre Ltd



LOTTERY FUNDED

You are invited

To join us and hear about year one

Steps of Caring

We will report on the progress of the programme and its continuing successes and challenges.

Followed with

PRT Lanarkshire Carers Centre Ltd

Annual General Meeting

on

*Friday 30th September 2011
10.30am – 2.00pm (inc lunch)*

at

*The Glo Centre,
78 Muir Street, Motherwell ,
ML1 1BN*

*Please telephone
PRT Lanarkshire Carers Centre
on*

01698 428090 *to book your place.*

Transport available.

To book AGM call 01698 428090

New Training Outline

Look out for this seasons courses. They are going to be under pre defined headings so that you can see clearly what area each course will be covering. There will be 7 different headings with course's running under each of the headings. You will find a variety of courses that you can mix and match to suit your needs. The headings and descriptions are as follows:

- ⊕ **Finding Your Way (coping with the caring role).** Perhaps you don't think of yourself as a carer. Perhaps you feel uncomfortable about defining yourself by your caring role alone. An introductory guide to local services, supports and information, which will benefit you with your caring role.
- ⊕ **Caring and Coping (coping with the caring role).** Aimed at helping you to improve both your own situation and that of the person you care for. Caring and coping is about the emotional aspects of caring. Helping you to cope with stress, anxiety, resentment or other difficult emotions as a carer.
- ⊕ **Caring and Communication (health and wellbeing).** This section is aimed at taking control and using effective communication to get what you need for yourself and for the person you care for. It will help you to develop your knowledge, skills and confidence so that you can be effective in influencing the solutions and resources available to you in your caring role.
- ⊕ **Caring and Resources (coping with the caring role).** This is all about the financial issues that you, as a carer, faces. It will give you all the information you need to find out about and apply for the benefits, grants and other financial support and services you are entitled to.
- ⊕ **Caring and Me (health and wellbeing).** Keeping well, both physically and mentally are important to your caring role. If you're devoting a large part of your day to caring for someone you may find that you spend so much time and energy on the needs of the person you care for that there's not much time left to worry about yourself. Looking after your physical and mental health will make you fitter for the physical demands of caring and more resilient in dealing with any problems.
- ⊕ **Caring Day to Day (coping with the caring role).** This is all about the practical aspects of caring. The aim is to help you build on your existing knowledge and experience so that you can cope confidently with some of the practical things that you need to do when looking after someone. In particular, you'll look at dealing with their physical needs and managing their medicines.
- ⊕ **Caring and Life (health and wellbeing).** Caring for someone can sometimes seem to leave little room for anything else. Caring and life gives you the opportunity to step back and think about how to achieve a reasonable balance between your caring commitments and the other things in your life that are important to you.

Book all training on 01698 428090

Steps of Caring


Finding Your Way : Steps of Caring introduces carers mainly aged 50+ and living in rural areas to available assistance. This 3 day course covers: **what to expect from your Social Work dept, what financial help is available, free and impartial legal advice, how to access local health services, dealing with stress and health checks. All topics are delivered by relevant local agencies.**

Finding Your Way: Steps of Caring	Lanark
Thursday 6 th , 13 th and 20 th October 2011 10.30am – 2.30pm	Lanark Doctors Woodstock Road Lanark , ML11 7DH
Finding Your Way: Steps of Caring	Larkhall
Wednesday 2 nd , 9 th , 16 th and 23 rd November 2011 6.30pm – 9.00pm	Nisbett Centre, 108 Raploch Street Larkhall, ML9 1AJ
Finding Your Way: Steps of Caring	Cumbernauld
Friday 11 th , 18 th and 25 th November 2011 10.30am – 2.30pm	Central Health Centre North Carbrain Cumbernauld, G67 1BJ
Finding Your Way: Steps of Caring	Kilsyth
Tuesday 24 th , 31 st January and 7 th February 2012 10.30am – 2.30pm	The Health Centre Burngreen Park Kilsyth, G65 0HU
Finding Your Way: Steps of Caring	Lanark
Wednesday 1 st , 8 th and 15 th February 2012 10.30am – 2.30pm	Lanark Doctors Woodstock Road Lanark , ML11 7DH
Finding Your Way: Steps of Caring	Salsburgh
Thursday 1 st , 8 th and 15 th March 2012 10.30am – 2.30pm	Sheltered Housing 9 Lorne Gardens Salsburgh, ML7 4NL
Finding Your Way: Steps of Caring (Urdu translation)	Airdrie
Tuesday 6 th , 13 th and 20 th March 2012 10.30am - 2.30pm	Airdrie Locality 92 Hallcraig Street Airdrie, ML6 6AW

Call 01698 428090 to book on Steps of Caring

AIRDRIE

UNLESS STATED the following courses will be running at:
Airdrie Locality 92 Hallcraig Street Airdrie ML6 6AW

Caring and Coping: Managing multiple sclerosis	
Helping you cope with caring for someone with M.S. by exploring importance of helping them stay active, healthy diet and connecting with others.	Tues 4th Oct 10am - 12.30pm
Caring and coping: Dealing with falls 	
A nurse practitioner offers advice on what to do when dealing with a fall and how to access appropriate support services.	Thurs 13th Oct 10.30am - 12.30pm
Caring and Communication: Men's health event	
Day 1: Have a personal health MOT check and an introduction to gentle exercise. Make sure you are fighting fit and learn how to keep it that way. Don't forget to wear comfortable clothing. See Hamilton for Day 2	Tues 11th Oct 10pm - 2pm Hope for Autism, Chapel St Airdrie, ML6 6LH
Caring and Communication: Listening and communication skills	
Good listening and communication are crucial skills needed by every carer when negotiating on behalf of the person they care for. Gain confidence from updating your skills	Thurs 17th Nov 10.30am - 2.30pm
Caring and Resources: Legal health check and benefits updates	
2 day course covering making a will, power of attorney, putting your house into trust and more info on the law from local lawyer. Update on current changes to welfare and benefit system	Thurs 2nd, 9th Feb 10.30am - 12.30pm
Caring and Resources: Christmas gift making ideas	
Make Christmas more affordable by making your own gifts including soap making, and jewellery making.	Fri 11th Nov 10.30am - 2.30pm
Caring and Me: Learn aromatherapy massage	
Learn how to relax using the correct aromatherapy oils in the correct way. Also useful in de-stressing the person you care for.	Mon 3rd Oct 10.30am - 2.30pm

Call 01698 428090 to book your training

AIRDRIE

UNLESS STATED the following courses will be running at:
Airdrie Locality 92 Hallcraig Street Airdrie ML6 6AW

Caring Day to Day: Certificated first aid	
4 day course from the British Red Cross covering a selection of first aid techniques that will build confidence in your caring role	Mon 31st Oct, 7th 14th 21st Nov 10.30am - 2.30pm
Caring and Life: Developing a coping strategy	
The caring role often leads to difficult feelings but finding positive ways to cope and carry on will help you feel stronger and more resilient	Thurs 26th Jan 10.30am - 2.30pm
Caring and Life: Crystal therapy and colour therapy	
Crystal therapy —This alternative therapy can help with all levels of emotion, can be deeply relaxing and promote your health and well being.	Wed 8th Feb 10.30am - 2.30pm
Colour for image If you look good, you'll feel good so take some 'time out' to think about YOU. Find out what colours are best for you.	Wed 15th Feb 10.30am - 12.30pm

MSP visits Lanarkshire Carers Centre in Airdrie

During Carers week Margaret Mitchell MSP, Scottish Conservative and Unionist member for Central Scotland, visited the Princess Royal Trust Lanarkshire Carers Centre premises in Airdrie. Commenting on the visit Margaret said:

“It was a great privilege to meet with a number of carers who were a true inspiration and who gain so much from meeting each other and attending the centre”.

Annual Carers review

Airdrie Carers will be invited to come along to their Annual Carers Review on **14th March 2012** from 10am - 12pm.

Carers week 2010

Carers enjoyed a busy Carers Week in the Airdrie Base including:
 Fresh fruit & veg from Food Co-op
 Digital information sessions to prepare for the big television change over. Thanks to everyone who tried their luck at our Tombola Stall.
 You helped us raise **£234.40**

Something New

Threading and Henna treatments coming to Airdrie from 19th September .
 Call for an appointment **01236 755550**

Jacqui Budris, Carer Support Worker, on 01236 757066

BELLSHILL

UNLESS STATED the following courses will be running at:
Bellshill Locality Support Services, 95 Main Street Bellshill ML4 3DZ

Caring and Coping: Epilepsy awareness		
Raises awareness and understanding for carers dealing with epilepsy in a matter of fact way by providing accurate information .	Tues 4th Oct 10.30am - 12.30pm	
Caring and Communication: Assertiveness Training		
Being assertive means being open, honest and direct while showing respect for the other person. Learn to be more self confident, have greater self control, have more influence and be less stressed when stating your position or needs	Thurs 24th Nov 10.30am - 2.30pm Venue to be confirmed	
Caring and Resources: Family cooking and nutrition		
Learn how to cook healthily on a budget and sample your cooking for lunch. Discover the nutritional properties in food and about cost effective shopping. Beneficial for all the family's good health.	Tues 24th Jan 10.30am - 2.30pm	
Caring and Resources: Learn to text		
Bring your mobile phone and learn how to send and receive text messages. Get yours questions answered here!	Tues 31st Jan 10.30am– 12.30pm	
Caring and Me: Podiatry Care for feet		
Gain the skills and knowledge from a podiatrist to keep your feet healthy, especially important when caring for someone who has diabetes.	Tues 27th Mar 10.30am - 12.30pm	
Caring Day to Day: Developing a coping strategy		
The caring role often leads to difficult feelings but finding positive ways to cope and carry on will help you feel stronger and more resilient	Tues 13th Mar 10.30am - 2.30pm	
Caring and Life: Legal health check		
Learn about making a will, power of attorney, putting your house into trust and access lots more legal information from a local lawyer	Tues 7th Feb 10.30am - 12.30pm	

Call 01698 428090 to book your training

BELLSHILL

Carers Support Groups

Thursday is Carer support group day in [Bellshill Locality Support Services, 95 Main Street, Bellshill.](#)

Lynn Shaw, local Carer Support Worker, facilitates two support groups on a Thursday, 10.00 am—12 noon
1.00pm—3.00pm

If you are interested in meeting up with other Carers for a coffee, informal chat, mutual support and information call Lynn on [01698 346754](#)

Lynn is available every Monday at the [Bellshill Locality Support Service](#) and can be contacted on [01698 403520](#) and in the Hamilton Centre every Wednesday evening from 4.30pm until 6.30pm.

Support in Holytown

Would you be interested in support being set up in your own area?. If so please contact Lynn with your ideas and interest and lets try and get it started.

Carers Week 2011

To celebrate Carers Week, Bellshill Carer Support Worker held an open day in Bellshill Locality Support Service.



Around approximately 70 Carers from the local area enjoyed coffee a chat and information

Local Pampering Service

Beauty and Holistic Therapy treatments are available to everyone. Concessionary rates especially for Carers are **£6** for half an hour and **£11** for an hour.

Paula is available Tuesdays to Thursday **10.00am** until **2pm** in Bellshill Locality Support Service, 95 Main Street, Bellshill, MIL4 3DZ

Contact the Airdrie office [01236 755550](#) to book an appointment

New Chiropody Service

A new affordable independent Chiropody service for Carers and their cared for within the Bellshill Locality Support Service every Monday

Contact Airdrie on [01236 755550](#) to book an appointment.

Card Group


Card making group restarted in Bellshill. This group is fortnightly and only open to Bellshill carers and residents of West End Sheltered Housing Complex.

For further information call Lynn Shaw.

Lynn Shaw, Carer Support Worker, on [01698 403520](#) / [01698 346754](#)

CLYDESDALE

UNLESS STATED the following courses will be running at:
Robert Owen School, Smyllum Road, Lanark, ML11 7BZ To be confirmed

Caring and Coping: Practical first aid (certificated course)	
Learn key life-saving skills and gain an awareness of treatment for shock and significant blood loss. This practical course is something that every carer should have.	Thurs 3rd 10th 17th 24th Nov 10.30am - 2.30pm
Caring and Communication: Getting around 	
Learn about the motability scheme, blue badge scheme, disabled persons railcard, low floor buses, free bus travel and how to access and how to apply for all of the above.	Mon 19th Mar 10.30am - 12.30pm
Caring and Resources: Cancer care and Breast awareness 	
Cancer care The nurse specialist in Palliative and Cancer care will help with accessing services/resources when caring for someone who has cancer	Mon 24th Oct 10.30am - 12.30pm
Breast awareness workshop Identify the range of things that can be normal in our breasts and know what changes to look and feel for. Gain confidence in knowing what to do next. A course for men too!	Mon 17th Oct 10.30am - 12.30pm
Caring and Resources: Christmas gift making ideas	
Make Christmas more affordable by making your own gifts including soap making, and jewellery making.	Fri 18th Nov 10.30am - 2.30pm
Caring and Me: Podiatry Care for feet 	
A podiatrist from NHS Lanarkshire helps you gain the skills and knowledge needed to keep your feet healthy, especially important when caring for someone who has diabetes.	Mon 5th Dec 10.30am - 12.30pm Bank Hall, Bank Terrace, Forth ML11 8BW
Caring Day to Day: Autism - Undiscovered Genius	
If you have children on the autistic spectrum these 5 unique days of learning are designed to help. Day 1: Understanding the system Day 2: Planning for the future Day 3: Sexuality and sex education Day 4: Develop a tool kit to work with outside services Day 5: Play, language and communication	Wed 1st 8th 15th 22nd 29th Feb 10.30am - 2.30pm Families are encouraged to attend all 5 sessions to benefit fully from this course



Call 01698 428090 to book your training

CLYDESDALE

UNLESS STATED the following courses will be running at:
Robert Owen School, Smyllum Road, Lanark, ML11 7BZ

Caring Day to Day: Epilepsy Awareness



Raises awareness and understanding for carers dealing with epilepsy in a matter of fact way by providing accurate information

Mon 27th Feb
10.30am - 12.30pm

Caring and Life: Personal puncture repair kit and sleep workshop

Personal puncture repair kit

Why not develop your own personal puncture repair kit—Are you feeling deflated? In need of something to perk you up? Come along and learn how to re-inflate yourself.

Thurs 9th Feb
10.30am - 2.30pm

Sleep workshop

Parents of children will benefit from learning how to create good sleeping patterns and break bad habits, hopefully, resulting in a better nights sleep

Mon 20th Feb
11am - 2pm

Clydesdale Carers celebrate Carers Week



30 people attended a coffee afternoon at the Bank Hall Forth on **Monday 13th June** to celebrate national Carers

Week. Carers, the people they care for and members of the public enjoyed a cuppa and a selection of goodies.

Clydesdale MSP Aileen Campbell took time out of her busy schedule to attend the event and spend time talking to carers, the people they care for and staff. Everyone enjoyed it so much that we will have another one next year!

Thanks to everyone who supported Dian to organise the event and helped out .

New Larkhall area Parent/Carer Support Group

The Clydesdale Parent/Carer Support Group has been meeting for several years, however, in response to parent/carers requests an additional monthly session is planned for the

Larkhall/Stonehouse area in the Dalserf community wing, Stewartgill Place, Ashgill, ML9 3BB.

The first meeting will be on **Thursday 15th September** from 9.30am until 11.30am.

Pampering Service Re-opens







The pampering service has been missed as McClymont House was upgraded. Work is completed and pampering is again available every Friday , **10am-4pm** with Paula. Call **01698 428090** to book appointment .

Dian McFadden, Carer Support Worker, on 07881617852

COATBRIDGE

UNLESS STATED the following courses will run in
Coathill Hospital, Hospital Street, Coatbridge ML5 4DN

PLEASE NOTE: The building name for each course will be in brackets under the time and date

Caring and Coping: Eating disorder 	
Informal session, based around discussion, carers will have the opportunity to find out more about eating disorders, available support and services.	Mon 24th Oct 6pm - 8pm Buchanan Centre, 2nd floor 126-130 Main Street, ML5 3BJ
Caring and Communication: Siblings matter 	
Explore the impact and effect that disability in the family can have on siblings when living with someone who requires extra care and attention	Wed 16th Nov 10.30am - 2.30pm (Multi purpose room)
Caring and Resources: Getting around 	
All you wanted to know about the motability scheme, blue badge scheme, disabled persons railcard, low floor buses, free bus travel and how to access and apply for all of the above.	Wed 1st Feb 10.30am - 12.30pm (Multi purpose room)
Caring and Me: Living with motor neuron disease 	
If you care for someone with MND , help and support can make a real difference to how you and the person you care for cope in the future.	Wed 7th Mar 10.30am - 12.30pm (Multi purpose room)
Caring and Me: Managing cerebral palsy 	
This course provides information about cerebral palsy in general, about movement in particular and integration of therapy into the family's routine.	Wed 14th Mar 10.30am - 12.30pm (Multi purpose room)
Caring Day to Day: Moving and handling 	
Provided by Physicare Chartered Physiotherapists, this practical session includes safe performance of manoeuvres/ tasks regularly undertaken by carers including the use of mechanical aids. Keeping you safe in your caring role.	Wed 29th Feb 10.30 - 2.30pm TBC

Call 01698 428090 to book your training

COATBRIDGE

UNLESS STATED the following courses will run in
Coathill Hospital, Hospital Street, Coatbridge ML5 4DN

PLEASE NOTE: The building name for each course will be in brackets under the time and date

Caring and Life: Coping strategies

The caring role often leads to difficult feelings but finding positive ways to cope and carry on will help you feel stronger and more resilient

Wed 5th Oct
10.30am - 2.30pm
 (Glen Etive training suite)

Caring and Life: Living with cancer



Covers emotional support, financial advice and opportunities to meet other carers for support, this course will have something to help make your life easier.

Thurs 19th Jan
10.30am - 12.30pm
 (Multi purpose room)

Coatbridge Carers day out



Pictured here are some of the members of the Coatbridge Carer Support group enjoying a day at the seaside.

The group had a day out to Helensburgh in June and thankfully the sun shone.

A great day was had by all in fact some of them didn't get home until late evening!

Support in Coatbridge

Do you know someone who is in a caring role who doesn't get any support? Last year many new carers' found out about the services from another carer.

If there's someone you know who is in a caring role make sure they don't struggle in silence.

Help them to get in touch with the Centre to make sure they receive the information they need and help to access services to help them manage their caring role.

Lung Health Awareness Day

The British Lung Foundation is holding a Lung Health Awareness day at the **ASDA in Coatbridge** (Lanarkshire) on **Thursday 10th September**. They will be there from **10:00** until **4pm** so pop along and have your lungs tested when you drop in for your shopping!

For more information please
 e-mail Mairi.McConnochie@blf-uk.org
 or call on **020 7688 6018**



British Lung Foundation

Karin Thomson, Carer Support Worker on 01236 622206

CUMBERNAULD

UNLESS STATED the following courses will be running at:
Central Health Centre, North Carbrain Road, Cumbernauld G67 1BJ

Caring and Coping: What is Dementia? 	
Learn how to cope with caring for someone who has dementia from Alzheimer's Scotland. Dementia is an illness that effects the brain and can progress gradually but affects everyone differently.	Fri 28th Oct 10.30am - 2.30pm
Caring and Communication: Managing exhaustion and fatigue	
Learn ways to conserve your physical and emotional energy, leaving you feeling rejuvenated to cope with your caring role	Fri 2nd Dec 10.30am - 2.30pm
Caring and Resources: Home finances 	
Looking at financial support to help cut the cost of living in your home. Learn about council tax reduction, housing benefit, community care grants and direct payments.	Fri 27th Jan 10.30am - 12.30pm
Caring and Me: Living with mental health 	
An introduction to living with/and caring for someone who has a mental health problem including an overview of common problems, causes and symptoms.	Fri 24th Feb 10.30am - 2.30pm
Caring Day to Day: Physical disability 	
If the person you care for depends on you to support them with their disability learn how to access the team who can help .	Fri 30th Mar 10.30am - 12.30pm
Caring and Life: Breast awareness workshop	
Identify the range of things that can be normal in our breasts and know what changes to look and feel for. Gain confidence in knowing what to do next. A course for men too!	Wed 2nd Nov 10.30am - 12.30pm

Call 01698 428090 to book your training

CUMBERNAULD

Carers sponsored walk

Members of the Tender Loving Care (T.L.C) Carer Support Group from Cumbernauld, took part in a sponsored walk around the **Broadwood Loch** on **Sunday 12th June** to celebrate carers week.

The group were joined by some of their relatives on the hour long walk, on what turned out to be a bright sunny day. Members of the group who could not manage on the day still raised a terrific amount of money, which combined with the money raised by the walkers, amounted to **£556** which was donated to Lanarkshire Carers Centre.



A big thank you to everyone who made this donation possible.

Why not visit a dementia drop-in Cafe?

For carers, their relatives and friends that they care for:

It is a meeting place for socialising, making friends and mutual support, offering opportunities to access information and to receive advice or guidance.

Carers can take a short break while their friends and relatives participate in activities ranging from reminiscence, keep fit and a sing-a-long.

Facilitated by Cumbernauld Social Work Locality.

Chryston Church

Main Street

Chryston G69 9LA

Every Wednesday 12.30pm till 3pm

Contact Valerie McGowan or Jennifer Logan on **01236 638746** or **07985324353**
Refreshments available



Bobby McBride, Carer Support Worker, on 01236 638710

EAST KILBRIDE/STRATHAVEN

UNLESS STATED the following courses will be running at:
Murray Owen Centre, Liddel Road, East Kilbride G75 9AD

Caring and Coping: Mental health first aid



A 3 day course, delivered by Lanarkshire Association for Mental Health, helps you take care of your own mental health and that of the person you care for. Learn effective skills that could make all the difference in a crisis.

**Fri 28th Oct, 4th, 11th
Nov
10am - 2.30pm**

Caring and Communication: Listening and communication skills

Good listening and communication are crucial skills needed by every carer when negotiating on behalf of the person they care for. Gain confidence by updating your communication skills

**Tues 21st Feb
10.30am - 2.30pm**

Caring and Communication: Assertiveness

Learn how to take those little steps to be more assertive and confident when dealing with care providers and regain your confidence for life

**Tues 28th Feb
10.30am - 2.30pm**

Caring and Resources: Caring and work



Carers in employment or those thinking about working will get advice over this 2 day course on opportunities, your rights and any financial implications

**Day 1. Fri 2nd Mar
Day 2. Fri 9th Mar
10.30am - 2.30pm**

Caring and Me: Reflexology and Learn massage techniques

Reflexology: is an alternative therapy involving the physical act of applying pressure to the feet with specific thumb, finger, and hand techniques without the use of oil or lotion. A useful skill to de-stress and aid relaxation

**Sat 4th Feb
10.30am - 2.30pm**

Learn massage: Learn about holistic massage for, spiritual, emotional good and a sense of harmony.

**Saturday 11th Feb
10.30am - 2.30pm**

Caring Day to Day: Self directed support

Gain an understanding of self directed support and learn what it could mean for you and the person you care for

**Tues 8th Nov
10.30am - 12.30pm**

Call 01698 428090 to book your training

EAST KILBRIDE/STRATHAVEN

UNLESS STATED the following courses will be running at:
Murray Owen Centre, Liddel Road, East Kilbride G75 9AD

Caring and Life: Living with depression

This course offers participants self-help skills to assist in recognising personal 'triggers' and to reduce and manage any low mood symptoms

Thurs 8th Mar
10.30am - 2.30pm

Caring and Life: Get de-stressed and learn relaxation techniques.

Relaxation helps manage stress. Relaxation therapy involves learning techniques and tools to learn to relax effectively. Over time you can learn to relax in seconds! Useful skills to help you and the person you care for.

Wed 5th Oct
7pm-9pm
 Meldrum Gardens day care centre
 4 Walnut Grove, Greenhills, East
 Kilbride G75 9EL

Caring and Life: Managing anxiety

Explore ways to control and live with anxiety and panic attacks with coping strategies when you feel your caring role gets too much

Thurs 22nd Mar
10.30am - 2.30pm

Annual Carers review

This is your opportunity to give your views on centre services and tell us what else we need to do. Your views are crucial in helping the centre to deliver a useful service. If you can't manage along on the 23rd please complete the questionnaire you'll receive - You can make a difference! The annual carers review will be held at the **Murray Owen Centre, Liddel Road, East Kilbride, G75 9AD** on **Wednesday 23rd November** from **10.30am** until **12 noon**

New Support Groups

New parent carer support group will be at: **Ballgreen Hall, Glasgow Road, Strathaven ML10 6LZ**. This group will start on **Thursday 1st September** and will run fortnightly during term time only!

A new carer support group will also run at: **Murray Owen Centre, Liddel Road, East Kilbride, G75 9AD**. This group will run on the last Wednesday of every month from **10.30am** until **12 noon**. This group is for carers who are in an active caring role!

Fundraising Events organised by EK Dementia Carers Group

EK Dementia Carers Group are organising two fundraising events, race night and Indian Buffet night on **31st August** and a Grand Variety night on **16th September**.
 Telephone **01355 244123** for further information.

Helena Kelman, Carer Resource Worker 01355 807025

HAMILTON




UNLESS STATED the following courses will be running at:
Conference Suite, 42 Campbell Street, Hamilton ML3 6AS

Caring and coping: Emergency life support (certificated course)	
Learn key life-saving skills and gain an awareness of treatment for shock and significant blood loss. This is a very practical session entailing minimal coverage of related clinical theories. With translators for Urdu and Punjabi	Mon 3rd Oct 10.30am - 2.30pm
Caring and coping: Siblings matter	
Explore the impact and effect that disability in the family can have on siblings when living with a brother/sister who requires extra care and attention	Fri 7th Oct 10.30am - 2.30pm
Caring and Coping: Eating disorder	
An informal session based around discussion is an opportunity to find out more about eating disorders, available support and services.	Tues 25th Oct 6pm - 8pm
Caring and Communication: Practical first aid (certificated course)	
Covering key life saving skills by allowing you to practice skills and update your knowledge of a range of emergency situations. Learn about common medical conditions and the appropriate treatment for adults, children and babies.	Thurs 7th, 14th, 21st, 28th Mar 10.30am - 2.30pm
Caring and Communication: Legal Health check	
Learn about making a will, power of attorney, putting your house into trust and lots more from a local lawyer	Wed 22nd Feb 10.30am-12.30pm
Caring and Resources: Managing medicines	
A local community pharmacist talks about how to store and dispose medicines safely and what contraindicates with each other and more	Wed 16th Nov 7.30pm - 8.30pm Avon Bridge Nursing Home 50 Old Avon road Hamilton ML3 7BT
Caring and Me: Men's Health Event	
Day 2: In the morning you will learn healthy eating/healthy cooking ideas. In the afternoon you will learn relaxation techniques. Following Day 1 from Airdrie	Sat 5th Nov 10.am - 2pm




Call 01698 428090 to book your training

HAMILTON

UNLESS STATED the following courses will be running at:
Conference Suite, 42 Campbell Street, Hamilton ML3 6AS

Caring and Me: Living with Parkinson's disease 	
<p>A nurse specialist will talk about caring for someone who has Parkinson's disease including how to access the appropriate support.</p>	<p>Wed 23rd Nov 2pm - 4pm</p>
Caring and Me: Introduction to steps to excellence 	
<p>This personal development course aims to help individuals understand 'what makes them tick'. Individuals are introduced to a selection of coping tools/skills and are shown how to use them in a practical way so they can do things in life they want to do. Delivered by Community Learning Works.</p>	<p>Intro: Wed 5th, 12th Oct Full course: Wed 26th Oct and 2nd, 9th, 16th, 23rd, 30th, Nov and 7th, 14th Dec 10am - 1pm</p>
Caring Day to Day: Certificated first aid	
<p>3 day course from the British Red Cross to inform on a selection of first aid techniques</p>	<p>Thurs 1st, 8th, 15th Mar 10.30am - 2.30pm</p>
Caring Day to Day: Autism awareness	
<p>If you have children on the autistic spectrum these 5 unique days of learning are designed to help.</p> <p>Day 1: Understanding the system Day 2: Planning for the future Day 3: Sexuality and sex education Day 4: Develop a tool kit to work with outside services Day 5: Play, language and communication</p> 	<p>Mon 24th, 31st Oct and 7th, 14th, 21st Nov</p> <p>10.30am - 2.30pm</p> <p>Families are encouraged to attend all 5 sessions to benefit fully from this course</p>
Caring and Life: Get to know your PC (Hamilton Blantyre and Larkhall Carers only!)	
<p>A basic 5 week course for complete beginners. Learn the basics from switching a computer on and basic keyboard skills to accessing the internet and using email.</p> 	<p>Thurs 27th Oct and 3rd, 10th, 17th, 24th Nov 5.30pm - 7.30pm Hamilton Library</p>
Caring and Life: Christmas gift making ideas	
<p>Make Christmas more affordable by learning your own gift wrapping ideas. Bring at least 2 gifts you would like wrapped for that personal touch.</p>	<p>Fri 4th Nov 10.30am - 2.30pm</p>
Caring and Life: Working towards Recovery	
<p>Learn how to help someone with mental health problems take control of their recovery and become empowered.</p>	<p>Thurs 29th March 10.30am - 2.30pm</p>

MOTHERWELL/WISHAW/SHOTTS

Caring and Coping: Developing a coping strategy	
The caring role often leads to difficult feelings but finding positive ways to cope and carry on will help you feel stronger and more resilient.	Wed 26th Oct 10.30am - 2.30pm 51 Hope Street Motherwell ML1 1BS
Caring and Communication: Confidence building	
Boost your confidence in this fun session which will help when negotiating support	Fri 7th Oct 10.30am - 2.30pm Meeting room 1, SW dept. Merry Street. ML1 1JE
Caring and Communication: Laughter therapy	
Laughter creates a feel-good chemistry which acts as a natural pain killer and rejuvenates and accelerates healing processes in the body. Just what most carers need!	Fri 14th Oct 9.30am - 12.30pm Pat Cullinan Centre, Logans Rd Motherwell, ML1 3PB
Caring and Resources: Benefits updates and Legal health check 	
2 day course to learn about making a will, power of attorney, putting your house into trust and lots more from a local lawyer Find out about current changes to welfare and benefits	Tues 20th, 27th Mar 10.30am - 12.30pm Shotts Health Centre 36 Station road, ML7 5DS
Caring and Me: Living life to the full 	
In just 8 enjoyable sessions this programme can help you make a difference to your life. You'll be more able to sort out your feelings when your fed up, worried or feeling hopeless. You will also meet new people and learn from each other.	Wed 8th, 15th, 22nd, 29th Feb and 7th, 14th, 21st, 28th Mar 12.30pm - 2.30pm Meeting room 1, SW dept. Merry Street. ML1 1JE TBC
Caring Day to Day: What is autism 	
An introduction to the day to day caring of living with and caring for someone who has autism	Tues 6th Dec 10.30am - 2.30pm 51 Hope Street Motherwell ML1 1BS
Caring and Life: Christmas gift making ideas	
Make Christmas more affordable by learning your own gift wrapping ideas. Bring at least 2 gifts you would like wrapped for that personal touch.	Fri 2nd Dec 9.30am - 12.30pm Pat Cullinan Centre, Logans Rd Motherwell, ML1 3PB

Call 01698 428090 to book your training

Living well with dementia

Are you worried about memory or dementia?

**There's a free cafe to meet people
with similar experiences**

Informal help and advice available:

Specialist doctors, memory service nurses, advocacy
welfare benefits officer, occupational therapist
carers together, Alzheimer Scotland, Locality link officer

Available from **1pm** until **4pm** on the first **Friday** of every month at:
Fir Park Stadium (Centenary suite), Fir Park Street, ML1 2QN

For more information contact **01698 269649**



Have you been affected by Motor Neurone Disease?

If you have been affected by Motor Neurone disease either as a patient, carer/past carer or family member there is a support group running every second month, next date, **Wednesday 7th September** from **12.15pm** until **2.30pm** which includes a small buffet.

The group meet at **Bentley Hotel Motherwell** for an informal social gathering which provides an opportunity to chat and support one another.

If anyone wishes to attend you can contact Dawn Hamilton on:
0141 9451077 or email on dawn.hamilton@mndscotland.org.uk

Caring Helping and Providing Support (C.H.A.P.S)



The Caring Helping And Providing Support (C.H.A.P.S) male carers support group has now been in existence since **April 2010**. The group have secured funding from North Lanarkshire Council for an 18 month period. C.H.A.P.S aims to support male carers in relation to health issues.

The group meet the last Monday of each month within North Lanarkshire Carers Together premises at **51 Hope Street Motherwell ML1 1BS**. If there are any male carers in Lanarkshire who wish to attend please contact David Hunter on **01698 404057** or email on chaps@carerstogether.org

Annual Carers Review





Motherwell Carers are invited to come along to their annual Carers review, scheduled to take place on **16th February 2012** from **10.30am** until **1.30pm** at **Dalziel St Andrews Parish Church, 43-47 Merry Street Motherwell, ML1 1JJ**.

This is your chance to provide your feedback on the services you receive.

Lorraine Caldwell , Carer Support Worker 01698 332632

RUTHERGLEN/CAMBUSLANG

UNLESS STATED the following courses will be running at:
Rutherglen Social Work Dept. Kings Street, G73 1DQ

Caring and Coping: Developing a coping strategy (mental health)	
Learn some coping and motivational strategies surrounding mental ill health. This will help you to develop coping strategies when caring for someone who has a mental ill health diagnosis.	Thurs 15th Dec 10.30am - 2.30pm
Caring and Communication: Contenance awareness	
A continence advisory nurse practitioner informs of the continence service, what they provide and how to access them with a question and answer session	Tues 6th Dec 10.30am - 12.30pm
Caring and Communication: Moving and handling	
Physicare Chartered Physiotherapists provides this practical session including safe performance of manoeuvres/tasks regularly undertaken by carers	 Thurs 8th Dec 10.30am - 2.30pm
Caring and Resources: Benefits updates and Legal health check	
2 day course to learn about making a will, power of attorney, putting your house into trust and lots more from a local lawyer Find out about current changes to welfare and state benefits .	 Fri 20th, 27th Jan 10.30am - 12.30pm
Caring and Me: What is ADHD and managing ADHD 2 day course 	
Day 1: Understanding Attention Deficit Hyperactivity Disorder Day 2: Developing coping strategies when living with/caring for someone who has ADHD	Tues 4th, 11th Oct 10.30am - 2.30pm
Caring Day to Day: Stroke awareness	
Increase your knowledge and understanding of the causes, diagnosis, treatment and after-care for those who have suffered a stroke.	 Thurs 10th Nov 11am - 1pm
Caring and Life: Developing a coping strategy (coping with caring)	
Most of us have to cope with difficult feelings at times but, for all sorts of reasons, carers may have more than their fair share of these feelings. Finding positive ways to cope with these 'coping strategies' can help you feel stronger and more resilient	Thurs 1st March 10.30am - 12.30pm

Call 01698 428090 to book your training

RUTHERGLEN/CAMBUSLANG

New Dementia Cafes

Alzheimer Scotland has opened two new 'Dementia Cafes' in Rutherglen and Cambuslang.

The cafes are open to people with a diagnosis of dementia, their families and friends and will provide an informal 'drop in' for information, support and the opportunity to make new friends over a cup of coffee.

The Rutherglen cafe runs monthly on the last **Tuesday** of every month at **Rutherglen Town Hall** from **1-3pm**

The Cambuslang Cafe runs monthly on the last **Wednesday** of every month in the CTEC building from 1pm—3pm

Alzheimer Scotland also provides cafes in East Kilbride, Hamilton and Lanark.

For more information please contact Teeda Boyd on **01698 892900** or email tboyd@alzscot.org



Rotary Club of Cambuslang

The Rotary Club of Cambuslang is delighted to be working with the Princess Royal Trust to support local carers. Based in Cambuslang, they are part of the worldwide Rotary movement sharing the motto 'service above self'.

They meet regularly at Fratelli's restaurant to share a meal. The club supports a number of local community groups helping the homeless, kids with special needs and carers and raise funds for international charities such as Mary's Meals and Polio Plus (a rotary campaign to eradicate polio throughout the world).

PRT Lanarkshire Carers Centre welcomes the Rotary 's support and interest in local carers.

Carer support groups (contact with carers)

Carer Support Group meet at **Rutherglen Social Work Dept** **1pm until 2pm** first and third Monday of every month.

Parent Carer Support Group at **Cambuslang Clinic (Venue Change)** **5 Johnston Drive, Cambuslang, G75 8JR** **10.30am until 12 noon** last **Tuesday** of every month.

If interested in attending a Carer Support Group or accessing any other service please speak to your local Carer Support Worker in the first instance

Julie Lennox, Carer Support Worker on 0141 613 5081

International Women's Group activities and services

Pampering day at Motherwell college:

20 carers attended another pampering day at Motherwell college in April 2011. The day was thoroughly enjoyable due to the services and hospitality provided by the staff and students of holistic therapy and hairdressing departments.

HIIC graduation and Lamha-a-Fikriya DVD launch:

Lanarkshire Carers Centre held a graduation ceremony on 20th May to celebrate and experience some of the work of those carers who have successfully completed the health issues in the community course and the launch of the DVD Lamha-a-Fikriya - A Time of Reflection. In 2010 members of the International Women's Group (support group for female carers belonging to black and minority ethnic communities) completed a 16 week Health Issues in the Community course that was delivered in partnership by Lanarkshire Carers Centre and NHS Lanarkshire. As part of the course the participants not only produced written assignments, they also produced a short play focusing on mental health issues in South Asian communities which was performed twice during the Scottish Mental Health Arts and Film Festival (SMHAFF). Humjolie, which is a support group for Asian women, then acquired funding from NHS Lanarkshire and SMHAFF which enabled this play to be filmed and transferred onto DVD and was launched on the graduation day.

On the basis of assignments undertaken, 2 carers successfully completed part 1 and were awarded 5 points at level 6 within the SCQF while 7 carers completed the full course (units 1-16) and were awarded 10 points at SHE level 1 by the university of Edinburgh. 'Provost Clearie' kindly undertook to give away the certificates.

After the certificates give away ceremony the DVD was shown. Lamha-e-Fikriya, A time for reflection is a one act play that explores stigma and hidden issues in communities and challenges services.

Caretalk

Starting May 2011, Caretalk is available in Urdu and Punjabi languages as well from the centre to reach out to carers. If you would like a regular call from our volunteer team, call our Airdrie centre on [01236 755550](tel:01236755550) to book a call.

First aid training and Steps of Caring (Training with translators)

First Aid training is organised on [3rd of Oct, 2011](#) in Hamilton for members of the group. See page 18 for details.

Steps of Caring will be organised for the newly identified Carers and on [6th, 13th and 20th March, 2012](#). Urdu and Punjabi translations will be available for both the trainings. Please call Airdrie centre on [01236 755550](tel:01236755550) to book yourself a place if you wish to participate.

Eid, Diwali and Christmas party

Both the North and South Lanarkshire International Women Groups will join together for this party on [Monday 19th December](#) in Airdrie Locality. This will give the ladies an opportunity to celebrate and enjoy each other's cultures and traditional food.

مدرویل کالج میں پیمپرنگ ڈے
گروپ ممبران نے اپریل میں مدرویل کالج میں ایک پیمپرنگ ڈے میں شرکت کی۔ کالج کے بولسٹک تھریبیڈ اور بالوں کی آرائش کے شعبوں کے اساتذہ اور طالب علموں نے کیررز کو ایک پر لطف دن مہیا کیا اور اگلے سال پھر آنے کی دعوت دی جس کا گروپ شدت سے انتظار کر رہا ہے۔

ہیلتھ اشوز ان دا کمیونٹی کورس گریجویٹیشن اور لمحہ فکریہ کی رونما ئ
لینارکشاٹر کیررز سینٹر نے 20 مئی کو ہیلتھ اشوز ان دا کمیونٹی کورس کی گریجویٹیشن اور لمحہ فکریہ کی رونما ئ کی تقریب کا انعقاد کیا تا کہ ان کیررز کی محنت کو خراج تحسین پیش کیا جا سکے جنہوں نے کامیابی سے اس کورس کو مکمل کیا۔ 2010 میں انٹرنیشنل وومنز گروپ نے اس 16 ہفتے کے کورس کو مکمل کیا جو کہ این ایچ ایس کے ساتھ شراکت میں ترتیب دیا گیا۔ اس کورس کو مکمل کرنے کے لیے کیررز نے نہ صرف مضامین لکھے بلکہ شمال مشرقی ایشین کمیونٹی کے ذہنی صحت کے مسائل کو منظر عام لانے کے لیے ایک ڈرامہ لمحہ فکریہ بھی بنایا جس کو سکاٹس مینٹل ہیلتھ آرٹس اور فلم فیسٹیول 2010 کی طرف سے پیش کرنے کی دعوت دی گئی۔ ہجولی، جو کہ ایشین خواتین کا ایک سپورٹ گروپ ہے، نے این ایچ ایس اور سکاٹس مینٹل ہیلتھ آرٹس اور فلم فیسٹیول سے فنڈنگ حاصل کی جس کی مدد سے اس ڈرامے کو فلمی شکل میں لایا گیا جس کی رونما ئ گریجویٹیشن کی تقریب پر کی گئی۔

اسانینمنٹ مکمل کرنے کی بنیاد پر 2 کیررز نے کامیابی سے کورس کا پہلا حصہ مکمل کیا جس میں ان کو ایس سی کیو ایف میں لیول 6 پر 5 پوائنٹس، جبکہ 7 کیررز نے دونوں حصے مکمل کر کے یونیورسٹی آف ایڈنبرا کی طرف سے ایس ایچ ای لیول 1 پہ 10 پوائنٹس حاصل کئے۔ پرووسٹ کلیری نے سرٹیفکیٹ تقسیم کئے جس کے بعد لمحہ فکریہ کی ڈی وی ڈی دیکھائی گئی۔

کینر ٹاک

مئی سے اردو اور پنجابی زبانوں میں بھی کینر ٹاک کا سلسلہ شروع کیا جا چکا ہے۔ یہ سینٹر کی ایک سروس ہے جس میں کیررز کی تنہائی دور کرنے کے لیے ان سے باقاعدگی سے فون پر رابطہ کیا جاتا ہے۔ اگر آپ کو اس سروس کی ضرورت محسوس ہوتی ہے تو ہمارے ایڈری سینٹر سے رابطہ قائم کریں۔

عید، دیوالی اور کرسمس پارٹی

دونوں نارتھ اور ساؤتھ انٹرنیشنل وومنز گروپس کے لیے 19 دسمبر کو یہ پارٹی ایڈری میں منعقد کی جائے گی۔ اس سے تمام کیررز کو ایک دوسرے کی ثقافت کو سمجھنے اور منانے کا موقع ملے گا۔

سٹپس آف کیرینگ اور فرسٹ ایڈ ٹرینینگ

انٹرنیشنل وومنز گروپ کے لیے 3 اکتوبر، 2011 کو فرسٹ ایڈ ٹرینینگ اور 6، 13 اور 20 مارچ 2012 کو سٹپس آف کیرینگ ٹرینینگ کا انتظام کیا گیا ہے۔ دونوں موقعوں پر اردو / پنجابی ترجمے کی سہولت مہیا کی جائے گی۔



The picture on left includes the four trainers who delivered the course – two of whom are Isbah Khan, bi-lingual carer support worker and Samar Sheik board member .

Centre News

Fundraising Social

The next fundraising social event for the Lanarkshire Carers Centre is planned in **Blantyre Columba Club, Carlowrie Avenue, Blantyre, G72 9HX**. You can expect some excellent cabaret, dancing and a great opportunity for a night out with friends.

Tickets: £5

Date/Time: **Friday 4th November 7.30pm** until late For tickets call: **01698 428090**

50/50 winners

Every winner shares half the monthly income with the Centre's fundraising. It's easy. Just remember to renew your membership or you can join anytime for only £12 per year.

The 50/50 winners from December to July are as follows:

Dec: Martha Frazer

Jan: Jane Miller

Feb: P. Strain

Mar: Doreen McFarlan

May: Donated back

Jun: Wendy Gray

Apr: Thomas Miller

Jul: Kevin McGoldrick

The Family Fund

The Family Fund helps families across the UK who are raising a disabled child or young person with a disability, additional complex needs or children and young people with a serious illness.

The Family Fund help families lead ordinary lives by providing grants for things that families need and that make life easier for the disabled child, young person and their family. They can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together.

You can apply to the Family Fund if you are the parent or carer of a disabled or seriously ill child or young person aged 17 or under and you have evidence of your entitlement to one the following: Child Tax Credit, Working Tax Credit, Income based Job Seekers Allowance, Income Support, Incapacity Benefit*, Employment Support Allowance*, Housing Benefit and Pension Credit. If you do not receive any of the above, further information may be needed to complete your application. You also need to have permanent legal residency in the UK and have lived in the UK for six months.

Help from the Family Fund is discretionary, subject to available funding and may decline an application where a family has a significant level of capital.

If you would like to chat to a family fund advisor about any aspect of applying for a grant and get help with completing the application form then please make an appointment at one of the following outreach clinics:

Friday 30th September Hamilton office **01698 428090**

Thursday 29th September Airdrie office **01236 755550**

Appointments may take up to 60 minutes including the initial consultation and completion of the form. Please bring proof of entitlement to one of the qualifying benefits and a copy

01698 428090 /01236 755550

New Services

Sleep Scotland

Children with additional support needs are far more likely to have serious sleep problems than other children. Difficulties such as settling and maintenance of sleep, irregular sleep patterns, shortened sleep duration, and early morning awakenings are common and can go on for years. In many cases exhausted families are denied the best quality of life. Early intervention can reduce the impact of sleep problems which are often cited as a reason for mental health problems, dual-parent unemployment, family break up and a deciding factor for choosing residential care for a child.

Sleep Scotland is a charity which supports the parents and carers of children and young people with additional support needs and sleep problems. Sleep problems can be effectively treated using specially adapted behavioural and cognitive techniques. This reduces stress levels for the parents which in turn leads to improved health and quality of care for the whole family. At present Sleep Scotland has 323 sleep counsellors practising in Scotland and has provided an intensive sleep programme to 2179 children. Sleep counsellors work face to face with families to produce a tailor made sleep programme and provide ongoing support to help families improve their child's sleep. **This service is free to families.**

Sleep Scotland has sleep counsellor teams throughout Lanarkshire, to find out more information on sleep counselling in your area or sleep workshops, please contact Sleep Scotland at enquiries@sleepscotland.org or 0131 651392, www.sleepscotland.org. Alternatively speak to your local Carer Support Worker who can refer you to Sleep Scotland.

Please see page 11 if you are interested in attending the Sleep Workshop happening in the Clydesdale area on **25th February 2012**



A lifeline of friendship

Contact for the Elderly seeks to change the lives of lonely people over 75 who can't get out on their own. They organise small groups who get together on a Sunday afternoon per month for tea, cake and company. The volunteer hosts take it in turn to offer afternoon tea in their own homes and volunteer drivers make sure everyone gets home safely. Members and volunteers make lasting friendships as they enjoy a change of scenery and regular afternoons of conversation and laughter.

If you are interested in a monthly tea party, either as a volunteer host or driver or as a member, get in touch with Margaret Oliver, West of Scotland development officer on **01389 605915**. You can also contact the centre **01698 428090** or your local carer support worker who will pass on your interest.

Positive Support

Addaction Positive Support offers information, support and advice to those affected by Hepatitis C and/or HIV living in Lanarkshire.

They can provide one to one support with a dedicated project worker who can assist you to access treatment services, signpost to external organisations and help with lifestyle change and management. Call **01698 337195**

Information

World Hepatitis Day



World Hepatitis Day is an annual event that each year provides international focus for people living with hepatitis. It is an opportunity to raise awareness of hepatitis as a major global health problem and to influence disease prevention and access to testing and treatment.

Princess Royal Trust Lanarkshire Carers Centre in partnership with South Lanarkshire Social Work Resources, Addaction's Positive Support and Airdrie

Integrated Addictions Team organised information stalls in both the Hamilton centre and Airdrie base. Information was distributed to raise awareness of hepatitis, its prevention and treatment including information in various community languages such as Urdu, Punjabi, Polish, Chinese, French, Lingala and Swahili. The information stalls encouraged people to gain information and to complete a short questionnaire around their awareness of hepatitis. 40+ questionnaires were completed in Airdrie and Hamilton.

Warm Home Discount Scheme

The Warm Home Discount Scheme provides £120 rebate on your electricity bill in winter 2011/12.

Find out if you qualify, when you will get your rebate and how the scheme works.

For more info contact the Centre on: **01698 428090** or contact your energy supplier.

Courses for Parents

A course has been developed for parents of children with cerebral palsy who are under the age of five years. The content provides information about cerebral palsy in general, about movement in particular and integration of therapy into the family's routine. Several courses have now been delivered providing information to parents, giving them confidence to ask questions in a small group setting.

For more information contact:

Susan Horsburgh on **01698 368715** or email susan.horsburgh@lanarkshire.scot.nhs.uk

Cash for Schools now open

Cash for schools is a new project based in Blantyre and currently stocks a vast range of school uniforms, shoes together with adult, gents and children's clothes and shoes. We also have toys, books, TV's and other useful and very affordable items. We aim to assist in tackling poverty and inequality in Blantyre.

For further help and information contact Heather Lindsay on **07976244062**

Annual Carers Review

All Hamilton and Blantyre Carers are invited to come along on **Thursday 23rd February 2012** from **10.30am** till **12noon** to **42 Campbell Street, Hamilton, ML3 6AS**. Don't miss your opportunity to provide valuable feedback on the services you access from Lanarkshire Carers Centre. For more information contact Hamilton office on: **01698 428090**

Vulnerable Adults

The Adult Support and Protection (Scotland) Act 2007 is a piece of law to protect people from being harmed. This is because some people may find it more difficult to stop harm happening to them. The Act calls people in this situation 'adult at risk'

The Act defines adults at risk as people aged 16 years or over who:

- Φ Are unable to safeguard themselves, their property (their home, the things they own), their rights or other interests;
- Φ Are at risk or harm; and
- Φ Because they are affected by a disability, mental disorder, illness or physical or mental infirmity, are more vulnerable to being harmed than others who are not so affected

If someone you know is being harmed, you must tell someone by contacting your local Social Work office during working hours or the Social Work Emergency Service at any other time (numbers to be found on pages 30 and 31). If someone is in immediate danger, call 999

Website news—www.carers.org/lanarkshire

If you have not already accessed our website then here is a reminder for you to do so. If you have access to a computer then you could log into www.carers.org/lanarkshire. Here you will have access to all of our current publicity, up to date training courses. A new addition is an up to date web directory giving you access to information on charities, illness specific conditions, respite holidays etc..

If you have a comment on any aspect of the website, good or bad, we'd love to hear Contact Pauline on **01698 428090** or email pauline.pollock@prtcc.org.uk

Community learning and home school partnership service

The area based teams focus on providing creative, engaging and free learning opportunities for all adults and families across South Lanarkshire. For full details of what's available in your area, please check their website - www.hsp.lanlinks.org They are also in the process of establishing informal learning clubs for ESOL and IT to help support those who cannot attend a full course or who simply wish to dip in and out as the need arises.

For more information see the website - www.hsp.lanlinks.org or please contact:

Hamilton office: **01698 452154**

Clydesdale office: **01698 452399**

East Kilbride office: **01357 528719**

Cambuslang/Rutherglen office: **0141 630 2520**

Useful Contacts

General:

Alzheimer's Scotland (Lanarkshire)	01698 275300
Benefit Enquiry Line	0800 882200
Carers Allowance Unit	0845 6084321
Care and Repair	0141 2219879
Care Commission	01698 208150
Chest, Heart and Stroke Head Office	0131 2256963
Contact a Family	0131 6592930
Cruse Bereavement Care Scotland	0845 600 2227
Disability Benefit Enquiry Line	0800 88 22 00
Epilepsy Helpline	0808 800 2200
Family Fund	0845 1304542
Haven	01698 727884
HM Revenue and Customs	0845 3003900
NCH Young Carers Project	01698 258801
North Lanarkshire Council	01698 332000
North Lanarkshire Carers Together	01698 404055
Pamis	01382 385154
Partners in Play (PIP)	01698 230130
New Claims Unit DLA	0845 7123456
Rutherglen Community Carers	0141 6132003
Samaritans	0845 909090
South Lanarkshire Seniors Together	01698 422483
South Lanarkshire Council	01698 454444
South Lanarkshire Carers Network	01698 285163
South Lanarkshire Young Carers	01698 455455
The Central Heating Programme	0800 3161653
The Little Haven	01555 811846
24 Hour Dementia Helpline	0808 8083000

Hospitals:

Hairmyres	01355 585000
Monklands	01236 748748
Wishaw General	01698 361100
NHS 24	08454 242424

NHS Carer Support Team:

Elaine Harrow (Hairmyres)	01355 585522
Leslie Callan (Monklands)	01236 712566 (ext 201)
Elizabeth MacDonald (Wishaw)	01698 361100 (ext 661)
Linda Craig (South Lanarkshire)	01698 405166
Marion McPartlin (North Lanarkshire)	01698 404055

Useful Contacts

Services:

Care and Repair South Lanarkshire	01555 666200
Dial-A-Bus	0845 128 4025

Social Work Offices South Lanarkshire:

Blantyre	01698 527400
Clydesdale	01555 673400
East Kilbride	01355 807000
Hamilton	01698 455400
Larkhall	01698 884656
Rutherglen and Cambuslang	0141 613 5000

Social Work Offices North Lanarkshire:

Airdrie	01236 757000
Bellshill	01698 346666
Coatbridge	01236 622100
Cumbernauld	01236 638700
Motherwell	01698 332100
Shotts	01501 824700
Wishaw	01698 348200

Emergency Social Work Service (South) 0800 678 3282

Emergency Social Work Service (North) 0800 121 4114

This information was correct at the time of print.

Your opinion on News and To-Do's

This is the second edition of News and To-Do's in the new style of bi annual combined Newsletter and Training Programme.

We need to know how carers feel about it.

Is a 6 monthly training programme too long? Or just right?

Is it useful to find local information alongside local Training opportunities?

Is it easy to read or just too much information?

Do you remember about it after a couple of months have gone by?

Do you ever relook the News, views and To-do's after your first look through?

Are we providing a useful Training Programme for you?

Let us know your opinion through your local Carer Support Worker, in writing/email, at your local Carer Review or give us a call. It your views that matter!

Parent/Carer Learning Seminar 2012

SOUTH LANARKSHIRE FACTS

There are approximately 2500 parents in South Lanarkshire caring for a child with additional support needs.

One of the priorities of Care 21 report which was commissioned by the Scottish Executive was the provision of training opportunities for Carers.

South Lanarkshire Carer Strategy includes the action point:
“ensure that training available continues to be appropriate, reflect local priorities and includes advice on specific conditions.

SEMINAR

This seminar will harness the strengths of Lanarkshire's top practitioners.

Key note speakers will include accredited experts in their fields able to inform on a variety of conditions and topics.

Parent/Carers will find valuable information to help them manage their carers journey.

The Seminar will take place early 2012 to allow parents to express an interest and to highlight areas/conditions they want included. Where possible the event will be built around South Lanarkshire's Parent/Carers agenda.

This information is available in Urdu, Mandarin and Polish. Please contact the Centre on 01698 428090 or the Urdu/Punjabi direct line on 07780926595

资源简介有乌尔都语，汉语跟波兰语版本。请与中心于下列号码联系 01698 428090，如果您说乌尔都语请联系

Informacje te dost pnie s w j zyku urdu, mandary skim oraz polskim. Prosimy o kontakt z Centrum pod numerem telefonu 01698 428090 lub te pod numerem bezpo rednim, pod którym rozmawia mo na w j zyku urdu/pend abskim.

یہ معلومات آردو، مانڈرین اور پولش زبان میں دستیاب ہیں۔ براہ مہربانی سینٹر سے ٹیلیفون نمبر

01698 428090 پر یا پنجابی / آردو کی ڈائریکٹ لائن 07780926595 پر رابطہ کریں

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